



South Central District Health

1020 Washington St N * Twin Falls ID 83301

Keeping your family & community healthy

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PRESS RELEASE – For Immediate Release

Contact: Tami Pearson, Health Education Specialist, 737-5945

District Health Offers Tobacco Cessation Classes in Twin Falls

South Central District Health, along with Magic Valley Regional Medical Center, will offer the American Cancer Society's "Fresh Start" program to help adults quit using tobacco.

Two class times are being offered for the convenience of participants. The first FREE six-week class will begin on Tuesday, May 2, at 5:30 p.m. and continue every Tuesday until June 6. The second class will begin Friday, May 19, at 12:00 noon and continue every Friday until June 23. Both classes will meet in the Sunflower Room in the Education Building on Martin Street east of the main MVRMC facility. Participants may register by calling Tami Pearson, South Central District Health Tobacco Program Coordinator, at 737-5945.

The "Fresh Start" program is specifically designed for those who are tired of their addiction. It builds skills and knowledge to help reduce and eventually end tobacco use. Participants will learn skills to communicate better, handle stress, make decisions, set goals, eat healthy, and exercise.

Smoking is the single most preventable cause of death in the United States. More than 440,000 people die every year in United States from using tobacco products. Space is limited in the free classes so participants are urged to register early.

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